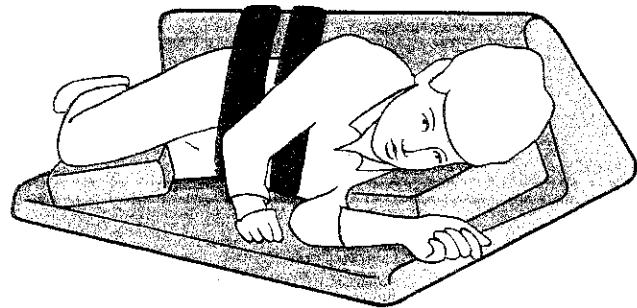


# Universal Side Lyer™

Side lying is a basic developmental building block task which a child needs to master in order to roll, balance and crawl. Further development of gross and fine motor and perceptual motor skills depend on achieving this basic task. The Universal Side Lyer provides a technique for comfortably placing a child on his side who cannot maintain the position independently. Side positioning is helpful because it decreases abnormal extension, maintains shoulders in protraction and allows the arms to be placed in midline position.

## APPLIED USES FOR BOTH LEFT AND RIGHT SIDE LYING

1. **Head Control** The head should be positioned in midline to achieve as much symmetry as possible. First, prevent the head from extending back by placing the head just before the edge and pressing against the back block. Secondly, level the head by placing a terry cloth towel, pillow, or Tumble Forms block under the head high enough to take up the difference between the lower shoulder and lower side of head.



**Forearm and Hand Function** In the side lying position the lower arm is prevented from going into extreme extension by the base and weight of the child's own body. The upper arm is assisted by gravity to approach midline. Both arms are therefore more relaxed and do not exhibit excessive tone. Hand function can now take place more readily.

2. **Postural Drainage** Congested respiratory conditions can be helped by raising the lower extremity end of the Universal Side Lyer onto the Tumble Forms wedge. Provide proper incline for drainage as well as support for the legs, but do not leave the child unattended while in this position.

